

THE

MARRIAGE ALMANAC FOR 1857.

OR,

EVILS AND REMEDIES

OF

EXCESSIVE AND PERVERTED SEXUALITY
AND SELF-ABUSE, WITH

PRACTICAL OBSERVATIONS ON THE PREMATURE
FAILURE OF SEXUAL POWER.

Eternal Infamy the wretch confound,
Who planted first that *Vice* on Christian ground!
A *Vice* that, 'spite of sense and nature reigns,
And poisons genial love, and manhood stains.

BY WM. YOUNG, M. D.,

Graduate of the University of Pennsylvania; Member
of the Royal College of Surgeons, London; and
Honorary Member of the Philadelphia
Medical Society, &c., &c.

PHILADELPHIA:
1857.

The Marriage Almanac for 1857, is Entered according to the Act of Congress, in the Year 1852, by

WILLIAM YOUNG, M. D.,

In the Clerk's Office of the District Court of the Eastern District of Pennsylvania.



DOCTOR YOURSELF—PRIVATELY, for 25 cents, by means of the POCKET AEscULAPIUS, or "Every One His Own Physician—The thirty-sixth edition, with one hundred engravings, showing Private Diseases and Malformations of the Generative System, in every shape and form: to which is added a treatise on the diseases of Females, intended for the use of Females only, (see page 190,) being of the highest importance to married people, or those contemplating marriage. By Wm. YOUNG, M. D., Graduate of the University of Pennsylvania; Member of the Royal College of Surgeons, London; and Honorary Member of the Philadelphia Medical Society. The various forms of Secret Diseases, Seminal Weakness, Diseases of the Prostrate Gland, Impotency, Solitary Habits of Youth are faithfully described, and all the recipes given in plain language. The chapter given on self-

abuse and Seminal Weakness is worthy of particular attention, and should be read by every one. Young Men who have been unfortunate in contracting disease, previous to placing yourselves under the care of any doctor, no matter what his pretensions may be, get a copy of this truly useful work.

Sea Captains and persons going to Sea, should possess Dr. Young's treatise on Marriage, the Pocket AEsculapius, or Every One his own Doctor.

Let no Father be ashamed to present a copy of the AEsculapius to his child. It may save him from an early grave. Let no young man or woman enter into the secret obligations of married life, without reading the Pocket AEsculapius. Let no one suffering from a hacking Cough, pain in the side, restless nights, nervous feelings, and the whole train of Dyspeptic sensations, and given up by their physician, be another moment without consulting the AEsculapius. Have the married, or those about to be married any impediment, read this truly useful Book, as it has been the means of saving thousands of unfortunate creatures from the very jaws of death.

Sold at Dr. Wm. Young's Office, No. 152 Spruce Street, between Fourth and fifth—and Booksellers generally throughout the World.

JANUARY, 1st Month, 1857. 31 Days.

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| MOON'S PHASES. | New Moon, 7d. 5h. 58m. evening. First Quarter, 14d. 10h. 21m. morning. Full Moon, 21d. 10h. 4m. evening. Last Quarter, 30d. 3h. 8m. morning. |
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JANUARY 1st 1857, is a day that every young man who has been in the habit of practising Self-abuse, visiting bad women, or who may be suffering from disease, should, without one moment's delay, make up his mind to quit the abominable habit, and get every particle of the disease removed from the system. On the 2d, 3d, 4th, and 5th, do likewise. Good resolutions are never too late. On the 6th, 7th, 8th, 9th, and 10th, take proper remedies. Continue them on the 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, and 20th, which is a day that the distressed in mind, produced by wandering and melancholy thoughts, will find relief. 21st, 22d, 23d, and 24th are days that medicines appear to have the happiest effect on the nervous and dispeptic. When the 25th, 26th, 27th, 28th, 29th, 30th, and 31st, will bring health and contentment to all who commenced taking Dr. Wm. Young's Preparations, during the month, for the cure of diseases peculiar to the generative system. Those who have been cured during the last year should now be looking out for some healthy young lady in whom he can find a companion for life.

CATALOGUE OF DISEASES,

Arising from Self-abuse. YOUNG MAN, REFLECT! I have made my remarks, in each case of disease, as short and concise as possible, in order not to confuse the reader with lengthy details, and have used the most simple language I could command; so that the most illiterate

may perfectly comprehend my meaning. The majority of diseases I have passed over with simply giving the name, without going into details, or giving special directions for the use of medicine. I would say that I have avoided advising any course of treatment which I thought might, from a want of medical knowledge in the patient, be attended with any injurious consequences. But so far as close observation, and an experience of nearly thirty years, will enable me to judge, I feel convinced that the plan of treatment pursued by me is more successful in the removal of diseases, and less liable to danger, than any other course heretofore invented.

To ameliorate the sufferings of my fellow-creatures, is the most prominent desire of my heart, and if that be attained I shall consider myself amply rewarded for my labor.

AMENORRHœA is a total or partial obstruction of the periodical discharges in females, and is caused generally by Self-abuse.

BAD BREATH. A bad breath may arise from many causes, but the most common, excepting from decayed teeth, is an unhealthy condition of the digestive organs, and is produced by Self-abuse.

BALDNESS, BOILS and BLOTHES on the face, **BILIUS COMPLAINTS, BOWEL COMPLAINTS, BRONCHITIS, DECLINE, CARBUNCLES, CHOLIC, CHLORISIS,** or obstruction in females, **DROPSY, DISEASE OF THE HEART, DYSENTERY, DYSPEPSIA, ERUPTIONS, ERUPTATIONS, sour or bitter; ENLARGEMENT of the ABDOMEN, ENLARGEMENT of the HEART and OVARIES, BONES, LIVER, JOINTS, and other parts of the body;** can and will be produced by **SELF-ABUSE.** **EPILEPSY and CONVULSIONS, or FITS.** This truly awful affliction, which destroys both body and mind, is of such frequent occurrence and so generally known that a description of it is unnecessary, arises in nine cases out of ten from **SELF-ABUSE.** **FLATULENCY, or wind in the stomach and bowels, GOUT, HEADACHE, HEMORRHAGE from the lungs and uterus, HOARSENESS, HYSTERICS, HYPOCHONDRIA, LEUCORRHœA, or**

FEBRUARY, 2d Month, 1857. 28 Days.

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| Moon's PHASES. | New Moon, 6d. 5h. 9m. morning. First Quarter, 12d. 8h. 43m. evening. Full Moon, 20d. 4h. 14m. evening. Last Quarter, 28d. 8h. 16m. evening. |
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FEBRUARY. The predominant weather during the first ten days of February is either clear, cold, and frosty, or foggy, chill, and damp. Of course this state may be varied by chequered glimpses of pet days of warmth and spring beauty, but these are exceptions, deceitful, and generally snares to draw the imprudent into some indiscreet change of dress. When cold and frosty weather prevails, there is an excess of electricity in the air, which acts as a powerful stimulus, and excites increased action in the organs of generation, and not unfrequently produces nightly discharges four or even five times a week. From the 10th to the 15th the air is cold and clear, which has a wonderful effect on the young of both sexes, and predisposes to amorous enjoyments, which, if indulged in to excess, will injure the system and produce nervous and debilitating disease. On the 16th, 17th, 18th, 19th, and 20th, are the days that many marital engagements are made, and valentines circulated, which may have a happy or injurious effect on the young and sensitive, according to the missile sent. The 21st, 22d, 23d, 24th, 25th, and 26th, are capital days to take proper medicines for disease contracted in the early part of the month; and the 27th and 28th rest yourself so as to prepare the general system for the first spring month.

WHITES, LUMBAGO, LOSS of APPETITE, MEN-
ORRHAGIA, (flooding,) MANIA from MELANCHO-
LY, all arise from SELF-ABUSE. MILK or WHITE

LEG, NERVOUSNESS, NEURALGIA, PAINS in the CHEST, STOMACH, BOWELS, HEAD, BACK, BONES and JOINTS, PARALYSIS or PALSY ; the immediate cause is SELF-ABUSE.

PILES, PIMPLES on the face and neck, PHYTHISIS PULMONALIS, Tuberculous or Pulmonary Consumption ; RHEUMATISM, SPASMS of the muscles, of the chest, arms, legs, &c., SKIN DISEASES, STERILITY, may arise from other causes, but generally SELF-ABUSE, which produces a diseased condition of the OVARIES, general and local debility, WHITES, SCHIRRHOES, ulcerated or cancerous state of the WOMB, SORE EYES, SPITTING BLOOD, TUMOURS, TIC DOLOUREUX, UTERINE DISEASES.

NOTICE.

It will be an acceptable service to society, if the reader who has attentively, and I hope usefully perused these pages, will forward, with as much privacy as may be, under envelope, anonymously or otherwise, this little book to any one who may be suffering from the dreadful effects of self-abuse, so as they may apply in time, and save themselves from an early and untimely grave, and that they may not procrastinate another hour ; for, besides the wear and tear imposed by the repeated acts of self-indulgence to the human frame, function after function gives way ; palpitations of the heart come on, and are induced on the slightest exertion or excitement ; periodical headaches, noise and buzzing through the ears ; imperfect vision, objects like falling stars annoying the sight ; temporary attacks of squinting ; amaurosis, ending in total loss of sight ; pimples and blotches on the face ; a shrivelled state of the frame, with constant cold feet and hands ; loss of memory ; incapacity to turn the attention to any one subject ; frequent fits of abstraction ; total inability to study ; dislike to society ; attacks of despondency, melancholy, involuntary shedding of tears ; religious monomania ; heats and flushes of the face on the slightest occasion ; thoughts and fre-

MARCH, 3d Month, 1857. 31 Days.

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| Moon's Phases. | New Moon, 6d. 3h. 16m. evening. |
| | First Quarter, 13d. 9h. 14m. morning. |
| | Full Moon, 21d. 10h. 35m. morning. |
| | Last Quarter, 29d. 9h. 14m. morning. |

MARCH. The Lion and the Lamb stand guard at either end of this turbulent month, and that the former is sure to howl before the thirty-one days are expended, as well as disease make its appearance in those constitutions predisposed to scrofulous and other eruptive complaints. The 1st, 2d, 3d, 4th, and 5th, marry and give in marriage. No better season in the year to fulfil our destiny. From the 6th to the 20th are days that should be guarded against. Keep your skin clean, and good thick flannel next it; warm shoes on your feet, a cheerful mind, cool head, and plenty of out door exercise, will prepare the system for the coming warm weather. 21st, 22d, 23d, 24th, and 25th, are days that you can place yourself under a proper physician for the cure of diseases arising from Self-abuse. Those days are *peculiar*, and should be remembered. 26th, 27th, 28th, and 29th, avoid all damp and moist air, and on the 30th and 31st all young people contemplating getting married during the next or following month, should prepare themselves by taking proper advice and medicines from Dr. Wm. Young, No. 152 Spruce Street, between 4th and 5th Streets, Philadelphia.

quently acts of suicide. Difficulty of breathing is a prominent feature on the least extra walking, running, or going up stairs, or up a hill. The stomach is soon put out of order; the appetite becomes capricious; sometimes it is much increased, and at others nearly absent; fanciful tastes occur, and longings for strange

food; a necessity to goad the appetite by vinegary doli-
cacies, &c. A train of youthful dyspeptic symptoms set
in, such as flatulence, constipation, or loo-ness; fre-
quent dribbling of urine, or an urgent desire to make it,
or incontinence of the same; extreme heaviness and
torpor after eating; great thirst, restless nights, fright-
ful dreams, cough, night sweats, fetid breath, decay
of teeth, constantly furred tongue; lastly, the occur-
rence of that state known as TABES DORSALIS. The
chief symptoms of which, in addition to the preceding,
are, pain and debility in the lumbar region, creeping and
shivering sensations down the spine, as though ants
were traversing that column. The organs of genera-
tion partake of the general ruin; the *testes* wither, or
fall into shreds and patches, forming a condition called
VARICOCELE, their retentive, if not also their secretive
power, is all but lost; frequent nocturnal emissions, the
semen drains from the urethra on all occasions; and
even the attendant excitement that used, perhaps, to ac-
company the emission, is no longer perceived.

The unfortunate sufferer is, in fact, unconscious of its
occurrence, except by the inconvenience and *désagré-
mens* it occasions to his person and dress. The penis
dwindles away, and becomes wholly disobedient to his
will; its erectile power becomes entirely lost; total im-
potence of course prevails. An impotent man (more
especially when conscious of his infirmity, for there are
those who may only suspect it, through the disinclina-
tion they entertain towards association with the female
sex,) absolutely dreads the presence of woman, and stu-
diously avoids entering the same chamber. A sense of
fear, distrust, or shame, ever assails him; and he wan-
ders through the world with a canker in his bosom—
with a dread lest his secret should be suspected or dis-
covered. The climax to this state of things is sooner
or later brought about by an attack of paralysis, the ac-
cession of consumption, or a wasting away, that must
end but in death. From all this—and the reader may
be assured that there are and have been cases of which
this is by no means an overdrawn picture—it is seen
that the most formidable diseases that infest or punish

APRIL, 4th Month, 1857. 30 Days.

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| Moon's PHASES. | New Moon, 5d. 12h. 37m. morning. First Quarter, 11d. 11h. 40m. evening. Full Moon, 20d. 4h. 20m. morning. Last Quarter, 27d. 6h. 17m. evening. |
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APRIL, the fourth month in the year, derived its name from Aprilis of *Aperio*, to open, because the earth in this month begins to open her bosom for the production of flowers and vegetables, just as the young begin to open their hearts to love and pleasure. On the 1st let my young friends be cautious in entering into marital engagements, as many a poor fool has been caught to-day. The 2d to the 12th are days that lovers likewise must be very cautious, as secrets are seldom kept that will be entrusted even to your best friends, *on those days*. Mind, the earth is disposed to open, so are those who are the custodians of our thoughts. From the 13th to the 21st girls arriving at maturity may look for their first menstrual discharge, and 22d, 23d, 24th, 25th, and 26th, any disease that may have been lurking in the system even for years, will make its appearance, particularly Eruptive or old standing Syphilitic ones. The victims of Masturbation, or Self-abuse should use very freely cold baths, and take as much exercise in the fresh air as possible, and by no means let the 27th, 28th, 29th, and 30th, pass without consulting Dr. Young on those debilitating diseases. He will fortify the system against all real or imaginary attacks of disease arising from Self-abuse, and have your general system prepared to meet the debilitating effects of the increasing sun's rays.

mortality, accrue from this accursed and unhappy delusion; that dyspepsia, insanity, paralysis, and consump-

tion, enrol largely among their sufferers the devotees of SELF-ABUSE.

PARENTS, GUARDIANS, CLERGYMEN, SCHOOL MASTERS, YOUNG and OLD MEN, the indications, or tell-tales, of the ONANIST, betray the fact to the commonest professional observer, despite all the pains practised to conceal it. In the youth is observed a sallowness of complexion, a dimness of the eye, a downcast and abashed look, inability to stand the gaze of a second person, a suffusion of blushes upon even being spoken to, a dark areola, or circle round the eyes, a pimpled or blotched face and forehead, a tremulous gait, and a noticeable loss of flesh, a voracious appetite, a constant tendency to drowsiness, and a listlessness for every thing but seclusion. While under the influence of the habit, there is observable a disposition to absent himself upon every opportunity, and upon his return the forehead is bedewed with, or breaks out in perspiration, and the whole frame is in a marked tremor. These evidences are seldom wanting where the vice has gained any ascendancy, while imperceptibly, the youth, after a time, pines away, and the greatest perplexity then exists among his relatives or guardians, as to the occasion, supposing them to be ignorant of his propensity.

The vicissitudes common to the age of from ten till twenty, separate the youth from parental control, and he, perchance, escapes discovery, and is sent forth to the world with the secret in his own bosom, which he conceals, or communicates, and indulges in, during his changes from schoolboyism, apprentice, clerk; or studentship, to manhood, till, from an innate sense of shame or disgust, or from experiencing some of its consequences, he happily abandons it.

CAUTION.

AFFLICTED.—Avoid all quack or advertised remedies for any disease, especially Venereal, and all of the instruments advertised to cure Seminal Emissions, as they are injurious Quack Humbugs.

MAY, 5th Month, 1857. 31 Days.

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| MOON'S PHASES. | New Moon, 4d. 9h. 33m. morning. |
| | First Quarter, 11d. 3h. 47m. evening. |
| | Full Moon, 19d. 6h. 48m. evening. |
| | Last Quarter, 27d. 12h. 24m. morning. |

MAY mornings, like men's feelings, are always purest at the rising and setting of the sun—like the glaciers, which are transparent and rosy-hued, but throughout the day gray and cold. So it is with the young of both sexes during this month. The mind and body feel invigorated at intervals, followed by lassitude and ennui. On the 1st, 2d, 3d, 4th, 5th, 6th, 7th, 8th, 9th, and 10th, make engagements to be fulfilled in the fall months, and if any are suffering from Gonorrhœa, Gleet, &c., take the usual medicines, as recommended in the "Pocket Aesculapius, or, every one his own doctor." Get well by all means before the warm weather commences, as, if it once sets in, you may have the running all summer. On the 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, and 20th, those who are addicted to the use of spirituous liquors, tobacco, and other stimulants, discontinue those habits, make proper *resolves* and carry them out. Beware of nervous and other debilitating diseases. Mind the effects of a weak body in warm weather. 21st, 22d, 23d, 24th, 25th, 26th, and 27th, any one of those days you can get married; a May MARRIAGE is a lucky one. 28th, 29th, 30th, and 31st, young men addicted to Self-abuse, by every means and by all means quit the abominable and unmanly habit, and never be guilty of the disgusting habit again. Consult Dr. Young, 152 Spruce Street, and become a man once more.

MARRIAGE ALMANAC.

FOR 1857.

"If there's an hereafter,
 (And that there is, conscience, uninfluenced
 And suffered to speak out, tells every man :)
 Then it must be an awful thing to die :
 More horrid yet to die, *by one's own hand*.
Self-murder! name it not : —
 Shall nature, swerving from her earliest dictate, —
Self-preservation, fall by *her own act*?
 Forbid it, Heaven!"*

THERE crawls not upon the face of the earth, a more truly miserable wretch than the slave of unbridled licentiousness. His imagination is on fire, burning with a filthy, unnatural glow. His bodily organs have been taxed to the utmost; weary and jaded, they refuse to obey the stimulus of that never-slumbering depravity, which goads his fancy in the darkness of night, in the dreams of his broken rest, and in the worse than dreamy abstractions of the cheerless day. *He is tormented with desires he can never gratify*; he is baffled in every attempt to taste the sweet enjoyments accorded only to virtuous moderation.

Self-pollution is the most *certain*, though not always the most immediate and direct avenue to destruction. It constitutes a lingering species of mortality, and if it were possible to study and invent refinement in cruelty, surely that would most clearly deserve the designation which a man deliberately points against himself,—against not merely his temporal, but eternal welfare; not by sudden wrench to tear himself away from the amenities of wife, children, and home, but, *with his own hand*, imperceptibly to infuse a deadly poison, slowly to rankle in the cup of life, and embitter each passing day; to shroud in gloom

* See Pocket Almanac, or every one his own Doctor, by Wm. Young, M. D., for Sale by all Booksellers, Price 25 cents.

JUNE, 6th Month, 1857. 30 Days.

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| Moon's Phases. | New Moon, 2d. 6h. 29m. evening. |
| | First Quarter, 10d. 8h. 39m. morning. |
| | Full Moon, 18d. 6h. 37m. morning. |
| | Last Quarter, 25d. 5h. 2m. morning. |

JUNE. Young man, are you looking for a partner for life? Obey the ordinance of God, become a useful member of society, and get MARRIED any day during the beautiful month of June—the 1st, 2d, 3d, 4th, and 5th, are particularly adapted for this purpose. On the 6th, 7th, 8th, 9th, and 10th, avoid all excitements. Keep regular hours, and if predisposed to hereditary disease of any kind, take exercise in the open air. 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, and 20th, ladies be cautious in listening to the addresses of men. Are you pleased with smiles and flattering words; remember that man often smiles and flatters most when he would betray you. Listen to no soft persuasion, till a long acquaintance and a steady respectful conduct, have given you proof of the pure attachment and honorable views of your lover. The 21st, 22d, 23d, 24th, 25th, 26th, 27th, 28th, 29th, and 30th. Girls, is your suitor addicted to low vices, profane, a gambler, a tippler, a spend-thrift, a haunter of taverns, play-houses, theatres. Has he lived in idleness and pleasure. Has he acquired a contempt for your sex in vile company, and, above all, is he a scoffer at religion; banish such a man from your presence. His heart is false, and his hand would lead thee to wretchedness and ruin. *Young man*, are you a husband, during this month, treat your wife with tenderness and respect, reprove her with gentleness, be faithful to her in love, give up your heart to her in confidence, and alleviate her cares.

the darkening future, and invite the king of terrors prematurely to do his office.

It will be proper to notice a few of the more direct consequences of the habit of self-pollution. It is chiefly on the *youth* of both sexes that its ravages are observable; *death mostly removes in silence, those who persist in the practice in complete manhood.* That this should constitute a vice of youth is excessively to be deplored, inasmuch as we find the springs of life contaminated and enfeebled at the outset, and the transmitted vitality of a succeeding progeny is sure to manifest corresponding imbecility, puny growth, and tendency to disease.

Long before their bodies are completely finished, they begin to waste those powers which are destined for giving life to others; the consequences are evident—they feel nothing but dejection and misery; and a stimulus of the utmost importance, as the seasoning of life's feast, is lost to them forever. To those who devote their time to the relief of such, how many of these debilitated and emaciated objects do not daily present themselves! The countenance sunk, the eye pallid, an indescribable character of feature better known than expressed; the recipients of much sympathy from the friends who know not the cause of their apparently consumptive yet gradual decline; and all ascribable to this abominable, and seductive practice of masturbation. All the intellectual faculties are weakened; the man becomes a coward, apprehensive of a thousand ideal dangers, or sinks into the effeminate timidity of womanhood; he becomes truly hysterical, sighs or weeps upon the slightest insult or want of sympathy with his hypochondriacal sensations. Such an one commences the career of incipient manhood by the abuse of Nature's most secret and sacred functions, and that at a moment when the system is incompletely formed,—when energy and passion need as yet the controlling rule of riper reason. Exclusively absorbed by this principle, all the powers of mind and body are wasted in delusive enjoyments—in imaginary creations; and an age of care and anxiety follows, broken only by useless and unavailing regrets.

Loss of sleep or inability to repose calmly until fairly wearied out, midnight watchfulness, and dull sluggish unrest upon waking, with troubrous, frightful, or lascivious dreams; such is the history of the hours of darkness.

JULY, 7th Month, 1857. 31 Days.

Moon's
PHASES.

New Moon, 2d. 4h. 14m. morning.
 First Quarter, 10d. 2h. 5m. morning.
 Full Moon, 17d. 4h. 12m. evening.
 Last Quarter, 24d. 9h. 43m. morning.
 New Moon, 31d. 3h. 50m. evening.

JULY. The weather is becoming too warm to think of getting MARRIED, but projects can be formed and engagements entered into. Let married ladies on the 1st, 2d, 3d, 4th, 5th, 6th, 7th, 8th, 9th, and 10th, respect their husbands. Oppose him not unreasonably, but yield your will to his, and you shall be blest with peace and domestic happiness. Study to make him respectable, as well for your own sake as for *his*. Hide his faults; be constant to him in your love, and devote your time to the care and education of the dear pledges of that love. 11th, 12th, and 13th, keep in doors, as the weather has become warm and sultry. 14th, 15th, 16th, 17th, 18th, 19th, and 20th, make arrangements to go to some watering-place—the Falls, Cape May, or some quiet country farm house, where your children can be taught obedience, temperance, justice, and diligence in useful occupations. Teach them religion and the laws of nature, life and health. 21st, 22d, 23d, 24th, 25th, and 26th, those young persons who are addicted to Self-abuse should by all means discontinue the disgusting habit, live on a generous diét to support the broken down constitution during the warm weather. 27th, 28th, 29th, 30th, and 31st, place yourself under the care of Dr. Wm. Young, 152 Spruce street, Philadelphia, who will restore the system to its original strength and cure you, if in the power of mortal man, and then you can go into the world a strong, vigorous and healthy person, and sin no more.

Mid-day passes gloomily away ; the lazy victim of solitary vice requires much sleep, in some measure to atone for the loss of power, and to recruit exhausted nature. Left to himself, he is often found at this hour still breathing the impure, stifling atmosphere of his own chamber, on that bed from which he feels no cheerful alacrity to rise. An indefinable, muddy, dizzy oppression of the brain haunts his waking hours, his brow is often contracted, and his look betrays either the vacancy of his soul, or that his polluted mind is wandering after some indulgence that imagination has conjured up to his disordered fancy. He eats with avidity,—sometimes ravenously,—for in this way only can the enormous drain upon the seminal fluid be partially supplied ; at length the nervous power, essential to the digestive process, begins to fail ; then SLOW FEVER rapidly emaciates his wasting frame. Previously, however, to this, we may note that the skin assumes that pale, or violet hue, easily cognizable by the practised observer, especially around the eyes ; pimples appear on the face, of course defying for their removal the ordinary remedies ; the powers of the body decay ; the shortest effort at a sudden race, which once formed the exulting display of youthful agility, is now followed by breathlessness and fainting, the muscular system becoming strangely enfeebled and wasting away. The arm that once could bear the savage grasp is now shrivelled, and the muscles of the thighs are shrunk within the ample folds of the dress they once distended with their voluminous rotundity. The body, once erect and stately, assumes the stoop of decrepitude ; the shoulders project forward ; the step, formerly light, tripping, and elastic, is now a miserable, dragging shuffle.

All his fire and spirit are deadened by the detestable vice ; he is like a faded rose, a tree blasted in its bloom, a wandering skeleton ; nothing remains but debility, languor, livid paleness, a withered body, and a degraded soul. A youth endowed by nature with talent and genius, becomes dull or totally stupid ; the mind loses all relish for virtuous or exalted ideas ; the consciousness of the purity and essential holiness of the Creator, operates as a bar against any approach to Him, or the appropriation of any of those consolations under suffering which religion is destined to afford. The whole life of such a man is a continued succession of secret reproach, painful sensa-

AUGUST, 8th Month, 1857. 31 Days.

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| Moon's PHASES. | First Quarter, 8d. 7h. 4m. evening. |
| | Full Moon, 16d. 12h. 38m. morning. |
| | Last Quarter, 22d. 3h. 23m. evening. |
| | New Moon, 30d. 6h. 1m. morning. |

AUGUST. Nothing is more worthy of our knowledge and study than the laws of human nature, upon which depend the health and happiness of our race, and no month in the year better suited for the purpose than *August*. The first ten days are close, warm and uncomfortable, but well qualified for study and making love. 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, and 20th, when in young persons there are signs of excessive sensibility, and symptoms of eratic desires of carnal excitement, all enticing books of love and romance, obscene paintings, and music of an impassioned and voluptuous nature must be withheld; indeed every occupation of the mind and sensual temptations, likely to produce or foster such emotions, ought to be proscribed during the warm weather. 21st, 22d, 23d, 24th, and 25th, young men should take moderate exercise in the fresh air, cold baths, agreeable society, particularly with ladies; and on the 26th, 27th, 28th, 29th, 30th, and 31st, are days that both sexes should keep in-doors as much as possible, to avoid the debilitating effects of the sun's rays, and the natural tendency of the weather to produce lascivious thoughts and nightly dreams, when over-heated by too much exposure. Study the Pocket *Æsculapius* and Dr. Young's other medical publications, which will be sent to any post office in the world, on the receipt of 25 cents.  Address Dr. Wm. Young, No. 152 Spruce street, Philadelphia, Pennsylvania.

tions arising from the consciousness of having been the fabricator of his own distress, irresolution, disgust of life, and not unfrequently self-murder. Nay, what in effect is this but the consummation of slow self-destruction? Could we but lift the veil of the grave, how should we startle at the long train of the victims of self-abuse! To this delicate susceptibility, the miserable victim of solitary vice is obviously a stranger. The warm and passionate kiss, the unutterably thrilling embrace that lovers only feel, lives only in his diseased fancy. For it cannot be questioned, that nature allots more joy to those gratifications procured in her proper channels, than in those which are repugnant to our organization. The joy which only the heart can appreciate, and which must be carefully distinguished from the voluptuousness purely sensual, which even a prostitute may inspire, animates the circulation, aids digestion, accelerates all the functions, restores strength, and supports it. This it is which gives to MARRIAGE that sacred home felt sweetness which love inspires, and God looks down upon approvingly. The sensualist affects to despise it, because, owing to the degradation of his soul, there is a purity, and consequently an intensity in such intercourse he can never realise,—scoffing at that he can never know.

Many a brilliant genius has sunk into satiety beneath its degrading influence. Loss of memory, idiocy, blindness, total impotence, nervous debility, paralysis stranguary, &c., are among the unerring consequences of an indulgence in this criminal passion.

What do I propose to the miserable sufferer under any form of the multifarious evils arising from self-abuse. No less than the removal of his immediate sorrows, the pain and weakness which infest his bodily organization; but far higher and nobler aims than these lie concealed beyond the mitigation of present infirmity. I indulge the fond, the ambitious, yet rational wish, that my efforts may be instrumental in rescuing the unhappy slave of passion from the moral thralldom in which he is involved; my unceasing aim is to acquire that confidence, —that happy mastery over the affections of the inner man, which, wielded in the cause of virtue, purity, and truth, may enable me to drag the sensualist from the miry slough of his own vicious, impure, contaminating

SEPT. 9th Month, 1857. 30 Days.

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| Moon's PHASES. | First Quarter, 7d. 10h. 46m. morning. Full Moon, 14d. 9h. 1m. morning. Last Quarter, 21d. 12h. 43m. morning. New Moon, 28d. 10h. 44m. evening. |
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SEPTEMBER. Of all the months in the year, September is the most fortunate and best calculated for two young persons to join their hearts and hands together. The very air breathes love, contentment and happiness. The days are becoming shorter, the nights cooler. The engagements made last spring should now be faithfully fulfilled. The 1st, 2d, and 3d, put on your flannels, if you dispensed with them during the late warm weather. On the 4th, 5th, 6th, 7th, 8th, 9th, and 10th, cold baths will invigorate and cleanse the skin. 11th, 12th, 13th, 14th, and 15th, young girls should take exercise, and occasionally a mild purgative. On the 16th, 17th, 18th, 19th, and 20th, the moderate enjoyment of sexual pleasure, which raises and cheers the noblest faculties of the body and soul, may be indulged in. *Coition* is useful whenever it is solicited by nature in a healthy state of the system, but at all other times it weakens the faculties. On the 21st, 22d, 23d, 24th, and 25th, the all-pervading vice of masturbation is of all the evils which affect the procreative functions, the most to be deplored, particularly at this season. On the 26th, 27th, 28th, 29th, and 30th, the mind of the Self-polluter revels in one idea, till that swallows up every thought, no matter how sacred the place. He finds his thoughts absorbed and occupied with the lustful desire, and his only wish is for an opportunity to indulge in his loathsome habit.. Without one moment's delay consult Dr. Wm. Young, under such circumstances.

fancies, and re-place him again on that proud elevation befitting a MAN. The *moral* and *mental* management of my patients is therfore, a matter with me of the gravest importance; and though in glowing language it be necessary occasionally to deprecate the criminality of self-indulgence, while I extenuate not the sin, I cannot but *sympathise* with suffering—with that weakness—but deplorable imbecility of our nature, which permits sensuality to lay the reins on the neck of passion—which flings away the rudder of reason, and relinquishes to the winds and waves the frail barque of humanity. It is mine to point to *cheerful activity*, and insensibly and imperceptibly to lead the unconscious mind away from the morbid train of thought inseparably connected with vicious practices.

NOCTURNAL EMISSIONS.

The semen of a person tormented with this infirmity is thin, watery, sickly odored, and rarely prolific.

His body becomes bent, his gait is sluggish, and he is scarcely able to support himself. The digestion becomes enfeebled,—the breath foetid; the intestines inactive; the excrements hardened in the rectum, and producing additional irritation of the seminal conduits in its vicinity. The circulation being no longer free, the youth sighs often; the complexion is livid, and the skin, on the forehead especially, is studded with pimples. The corners of the mouth are lengthened, the nose becomes sharp; the sunken eyes, deprived of brilliancy, and enclosed in blue circles, are cast down; no look of gaiety remains—the very aspect is criminal. General sensibility becomes excessive, producing tears without a cause; perception is weakened, and memory almost destroyed. Distraction, or absence of mind, renders the judgment unfit for any operation. The imagination gives birth only to fantasies and fears without grounds; the slightest allusion to the predominating passion produces a motion of the muscles of the face, the flush of shame, or a state of despair. The wretched being finishes by shunning the face of men, and dreading the observa-

OCTOBER, 10th Month, 1857. 31 Days.

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| MOON'S PHASES. | First Quarter, 7d. 12h. 37m. morning. |
| | Full Moon, 13d. 6h. 1m. evening. |
| | Last Quarter, 20d. 1h. 9m. evening. |
| | New Moon, 28d. 4h. 58m. morning. |

OCTOBER. Youth and even infancy must be guarded with scrupulous watchfulness—during this month the conduct and secret actions of your sons and daughters should be carefully watched, when they seek to be alone, or resort to secret places in company, for it is there that these unseemly habits are taught and practised, and where thousands have received their first lessons in the detestable habit of Self-abuse. On the 1st, 2d, 3d, 4th, 5th, 6th, 7th, 8th, 9th, and 10th, avoid sedentary habits and solitary places, if they engender impure imaginations; and above all, never read obscene books, or look upon exciting pictures. On the 11th, 12th, 13th, 14th, and 15th, seek the company of the wise and moral; and above all, have constant and active employment for body and mind. During the nights of the 16th, 17th, 18th, 19th, and 20th, never sleep alone, but with some moral and estimable person, whose good opinion you so much value that you would fear in his presence to commit a sin, however strongly tempted. 21st, 22d, 23d, get married. On the 24th, 25th, 26th, and 27th, consider that every act of debauchery and every secret sin strikes at the root of your constitution, and tends surely to produce all the terrible evils, infirmities and miseries you most dread. On the 28th, 29th, 30th, and 31st, apply to Dr. Wm. Young, who, in a very few weeks, will produce a perfect cure; even in those who for years have indulged in venereal excesses, or the vice of masturbation and Self-abuse.

tion of women. His character is entirely corrupted, or his mind is totally stupified. Involuntary loss of the reproductive liquid takes place during the night, and also during the daily motions; and there ensues a total exhaustion, bringing on heaviness of the head, singing in the ears, and frequent faintings, together with pains, convulsive tremblings, and partial paralysis.

Among individuals so affected, (on attempting intercourse with the sex,) *the emission is too quickly discharged*, nocturnal pollutions are frequent, (indeed these are often the immediate precursors of seminal weakness,) *or the semen is expelled during the evacuation of the bladder and bowels*. With some, there is more or less complete extinction of desire, the erections become few and feeble, incomplete, or absolutely impossible. This condition of the sexual organs has its appropriate general character, analogous to those which are attributable to the wilful and determinate pollutions of earlier youth; the sufferer, now perhaps, too late, sensibly alive to the origin of his weakness, becomes timid, fearful, careless of the world around him, his mind absorbed in the consideration of his malady, until the continual presence and recurrence of the same train of painful thought involve him in the worst form of *monomania*, or rather the premature childishness of old age. All the functions of his body languish and are deranged, until a complete and general degradation sweep with uncontrolled dominion over every power and faculty both of body and soul. The seminal fluid may dribble away without pleasure, without erections, without the natural ejaculation, and its loss, when occurring in this manner, gives rise to the same, or infinitely greater evils, than those which occur from mere sexual excess, or what is worse, from self-pollution.

EXCESSIVE VENERY.

Next to *self-pollution*, EXCESSIVE VENERY is a frequent cause of impotence, as well as of sterility among the male sex. This is a frequent cause of want of offspring in young married persons. In these cases the semen

NOVEMBER, 11th Month, 1857. 30 Days.

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| MOON'S PHASES. | First Quarter, 5d. 12h. 26m. evening. |
| | Full Moon, 12d. 6h. 59m. morning. |
| | Last Quarter, 19d. 5h. 35m. morning. |
| | New Moon, 27d. 11h. 0m. evening. |

NOVEMBER. Nervous complaints, attended with dyspepsia, and bilious affections, are extremely prevalent in the United States during the month of November. On the 1st, 2d, 3d, 4th, 5th, and 6th, many of them become so dangerous and of such various symptoms that a large volume would scarcely suffice for their complete explanation. On the 7th, 8th, 9th, and 10th, youth suffers with palpitations of the heart, timidity, drowsiness after dinner, flush of heat and cold chills, giddiness, pains in the head, back, loins and kidneys. On the 11th, and 12th, the most dreadful sensations of horror and despair. 13th, 14th, 15th, and 16th, the whole nervous system feels its pervading influence; and the heart is wrung with inexpressible anguish. 17th, 18th, 19th, and 20th, avoid every thing that relaxes or weakens the body. During the 21st, 22d, 23d, 24th, 25th, and 26th, girls in general, who have become the victims of Self-abuse, are detected by their aspect; the rose fades from the cheek, the face assumes an appearance of faintness and weakness, the skin becomes rough, the eyes lose their brightness, and a livid circle surrounds them, the lips become colorless, and all the features sink down and become disordered. 27th, 28th, 29th, and 30th, the victims of this awful depravity demand the most active vigilance of the physician; and to those who place themselves under the care of Dr. Young, their every wish will be gratified, as there is no one in America who has had the same amount of experience in the treatment of female diseases.

may escape without the aid of the ejaculatory muscles; is imperfect in quality, and devoid of power, until the health be improved; or if impregnation ensue, the child undoubtedly partakes of the debility of the parent, soon to be consigned to a premature grave, the victim of that nameless atrophy or wasting decay, which hurries thousands of infants annually to the tomb. In these cases, the male parent generally suffers from inflammation of the seminal vesicles, or there is a seminal weakness with more or less involuntary discharge.

IMPOTENCE AND STERILITY.

Self-pollution, the cause of sexual impotence and sterility, is generally the habit of the best years of youthful life; and its deadening impress often tells with deplorable certainty, long after the baneful habit has been relinquished. TIME must, therefore, be afforded for the rectification of that artificial state into which the powers of the system have been wantonly plunged. The actual amount of enjoyment realised by the temperate, is, in the long run, far greater; power is maintained until old age, and a vigorous offspring is engendered; while the hasty, violent, and forced gratifications of the sensualist, though vivid for a moment, are succeeded by that worst form of helplessness—insatiable desire, appended to diseased and powerless organs! The draining of the seminal fluid which occurs either from excessive indulgence in venereal gratifications, or from solitary vice, is not equally great in every instance. There are some individuals who are not rendered absolutely but only partially impotent. They can accomplish the sexual act occasionally, and with severe effort, to the disgust, doubtlessly, of the female; or they are tolerably able, yet unprolific. Their powers are weakened, not altogether destroyed. These patients have resources left in surgical skill, which, if expended in contending against improper or unskillful treatment, ARE LOST FOREVER.

I have thus endeavored candidly to explain the purpose of the present effort,—to offer an intelligible por-

DECEMBER, 12th Month, 1857. 31 Days.

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| MOON'S PHASES. | First Quarter, 4d. 10h. 23m. morning. |
| | Full Moon, 11d. 7h. 7m. evening. |
| | Last Quarter, 19d. 1h. 33m. morning. |
| | New Moon, 27d. 3h. 31m. evening. |

DECEMBER. Sinful and ruinous as are the excesses committed during the year, and whose effects we have described daily for the last eleven months, the entire abandonment of sexual gratification, during the month of December, is scarcely less so; and old maids and old bachelors, with their systems unexpanded, and their minds unwarmed by the fires of mutual passion, of love and enjoyment, never experiencing a generous emotion or a glowing rapture; and from the 1st to the 10th, become morose, gloomy, fidgety, selfish, and contracted. From the 11th to the 14th, all their faculties are confined within the narrow bounds of ordinary gratifications, and they become devoted to parsimony, live the contemptible life of a miser, with no higher enjoyments or better sensations, and with little pleasure to themselves and less benefit to their fellow-creatures; without fulfilling their destiny, they live in a round of merely contemplative amusements. The moderate enjoyment of sexual pleasure from the 15th to the 21st, raises and cheers the noblest faculties of the body and the soul. *Coition* is the grand act of nature in all her animate creation. The proper exercise of this function is virtuous, healthful and necessary.— From the 22d to the 27th, avoid the sports and pastimes of the season. Seek moderate enjoyments and amusements, and close the year by calling on Dr. Young on the 28th to the 31st, who will be a true friend and physician to the afflicted of both sexes.

feature of the interruptions to the enjoyment of sexual health, and by explaining the *causes* in a simple, forcible, and perspicuous manner, to enable the reader, to disentangle the apparently inextricable and confused maze of his own wandering and diseased fancies,—to point to the concealed and, it may be, unsuspected cause of human suffering,—to the restoration of health, pristine vigor, usefulness, activity, and joyous hilarity. Why do I suffer—why, when all around me invites to enjoyment; why is it, that while every face wears a smile, existence is to me a dreary blank—the world, its pleasures, cares, and duties, an irksome weariness? Are not these questions which even a cursory glance at the previous pages will enable the misguided to solve? Long experience of human nature, extensive acquaintance with some of its most painful infirmities, enable me to say it will be so.

I am bound to confess that it is not only by the *relief* I have afforded, that my practice has become so extensive; many of my correspondents have informed me that they were first emboldened to apply by the conviction that their secret must remain forever undivulged. Requiring no name, (if my patient be desirous to conceal it,) and not, on all occasions, an interview, I am enabled to afford relief, without even knowing the residences of the parties who receive it at my hands; and this certainty of concealment is to many a great satisfaction,—nevertheless it is unnecessary, for on no occasion has the slightest suspicion ever been excited. In violable secrecy and certain relief are the boons, then, I offer to suffering humanity.

That I have these in my power to bestow, numberless cases sufficiently attest. I make no pretensions but such as are borne out by the fullest testimony; and of the authenticity of my testimony I am prepared to give every proof, short of a disclosure of the confidence entrusted to me. That which I know of private individuals, shall, for life, be locked in my breast;—in all else I am open as day to the eye of scrutiny. Accustomed from an early age to witness the various diseases which afflict mankind, and to watch their progress through a long career of professional study, in every sphere of life, from the humble abode, of poverty to the mansion of the

wealthy, and having ascertained beyond a doubt that the destructive habit of *self-pollution* was a frequent vice amongst our youth of every grade of society, I determined to select the generative system as my particular study, and to devote my whole attention to the alleviation of the diseases of this important function. I must confess, however, I was not a little astonished at the comparative neglect this branch of practice had hitherto received, which led to the publication of the "*Pocket Æsculapius, or every one his own doctor,*" which I feel conscious will be found to be a correct portraiture of the evil effects of one of the *most destructive vices* that ever afflicted humanity. In the absence of information afforded through legitimate channels to the public, and feeling sensible that many errors are committed through ignorance, and *endured* through *shame*, this little work is tendered, accompanied with the hope that its usefulness may not be deteriorated by any misinterpretation of the writer's motives.

D— Young man read the following cases, attentively and I trust usefully—and when you have read and considered every word of them, hand this Almanac to those whom you may suspect, that are addicted to the Habit of *Self-abuse*,—you may save them from a life of wretchedness, and possibly, an early Grave.

CASE I.

Dear Sir,— Your "*Pocket Æsculapius, or every one his own physician,*" having come under my notice, I am induced to apply to you for medical advice. I am one among the many victims to early self-pollution. At an early age, previous in fact to the age of puberty, I was thrown among vicious companions older than myself, and being a frequent witness of their debasing acts, the passions were prematurely ripened in me, and the full growth and development of the parts thereby checked. I continued the practice for years, without being at all aware of its injurious tendency. After arriving at the years of discretion, however, I experienced effects which my judgment told me could only be attributed to that cause: still I supposed it was the *excess* only that was to be feared, and continued the practice, though much less frequently, and was

never fully enlightened upon the subject, until I saw your work.*

For some time past I have left off the practice altogether. I am 28 years of age, have been in the habit of taking considerable exercise, have an excellent appetite, and have always been strong and hearty, physically, and am so still, with the exception of a slight weakness in the small of my back, and sometimes a dull pain in that region, particularly after lifting, or any violent exercise. The effects on my mind are, that the wings of my fancy are clipped; my imagination, that was once vivid, is now quite barren; my memory is somewhat impaired, and in general, I find great difficulty in concentrating my mind upon any one subject; in fine, it would be almost impossible for me to bend the whole force of my mind to the attainment of any one object; there is a want of intense-ness in its application. Another effect is, to make me irresolute, and I am sometimes subject to great mental depression. My organs of generation are very excitable; have frequent erections of the penis, and when the excitement passes off, leaves them in a weak, feverish, sickly state; and occasionally, after some unusual excitement of the parts, I have polluting dreams, accompanied with a nocturnal emission. My organs are in such an unnatural state, that if in company with a female who was willing to receive my embraces, I should experience a degree of fear and timidity that would effectually prevent my passions from being aroused, and I could not perform the act of copulation. At other times, when in company with women, where it would be impossible to gratify my desires, and when entirely alone in private, my mind is filled with lascivious thoughts, and my passions aroused to a degree almost maddening.

If you wish any further information before prescribing, please address me at this place, asking such questions as you may think proper. I enclose you —, not knowing what your fee may be in such cases; but if you can restore my organs to a healthy state, I shall feel greatly indebted to you, and although my means are quite limited, will pay you whatever you demand.

Should you send any medicine, you can send by express, and if you please, without any labels or other evidences of their character, giving me their description and uses by mail. I give you my full name, but of course under the seal of total secrecy.

Yours truly,

Dr. Wm. Young.

Note.—The above gentleman was restored to all his former good health both of mind and body, in seven weeks.

* The "Pocket Aesculapius, or every one his own doctor."

CASE II.

Dear Doctor: Having seen in a Philadelphia newspaper, a book advertised, entitled "Pocket Æsculapius, or, Every One his own Doctor," I procured it, and in consequence of having read it, I am now about to disclose to you a dark scene, which has nearly blighted all my earthly prospects, and rendered me most miserable. I do hope, however, that it is not yet too late to avert the evil, with God's blessing. I shall now proceed to detail to you the particulars of my case. I am single, 24 years of age, slender make, but though weakly, I enjoyed, when young, good health, till injured by self-pollution. When a child of about 10 years old, I was initiated into the habit of self-pollution. For some years after that, I did practice it but seldom; for the last eight or ten years I addicted myself more frequently to it. At first I had no seminal discharge, but as I grew older this came on. I repeated this act three, four, or six times a week, with no other effect than a pleasurable sensation, succeeded, however, by great depression of spirits, listlessness, &c. For the last six or seven years I have seen the sin and bad consequences of this practice, and have made the most solemn vows, accompanied by the bitterest remorse, to relinquish the practice; but after adhering to this resolve for about a week, I was again carried away by this passion. Sometimes I am troubled for several nights with involuntary seminal discharge during sleep, and for the last five or six years have so suffered in consequence of this abominable weakness. Sometimes my own hand was the instrument employed—sometimes the emission was brought on by some lascivious dream. Amid all this, I felt my health was declining, and still could not control my lustful and destructive propensity. Oh! doctor, many a solemn vow to God has been violated—many a promise has been broken, and this even up to the present day. I shall state to you some of the symptoms which distress me more particularly after an emission of semen: I feel an unusual weakness in the small of my back, a disposition to lean forward, an uneasiness in sitting in one posture, and to relieve, I wear a belt—my memory is very much weakened; I cannot confine my mind so as to think attentively on one subject. My sight has been impaired for the last three years; I see spots, figures, &c., before my eyes, running of water from them in the morning; cannot bear the light. My mother being blind, I was afraid of becoming so too, and so placed myself under the care of an eminent surgeon here, but never mentioned to him the habit I had contracted. I also went under another doctor for my eyes, but I never told him of the habit. I frequently suffer violent pains in my arms, back, &c.; my legs seem unable to carry me, and the least exertion puts me out of breath; appetite often bad. I feel indifferent to every thing around

me. In dull weather my spirits suffer great depression; conversation is irksome to me; my temper has become hasty and fretful; I am now become mere skin and bone. I often feel pain in or near the bladder, which extends to the extremity of the penis, which is now dwindled away to a mere nothing. After making water, I often notice a red colored sediment, as if of bloody matter, in the chamber vessel. On the day after a seminal emission at night, I feel languid, sick, and exhausted, quite unable to leave the bed: in a word, the next day is a day of sorrow and ill health. I find myself unable to bear up against an evil which seems likely to bring on a seminal discharge, which, moreover, does not come in as large a quantity as usual. I now, then, doctor, place my life, and all that makes life dear, in your skilful hands. I know it is quite unnecessary to enjoin secrecy. I implore of you to write to me, sending me such directions and medicines as you think I may require, with first, however, a statement of what pecuniary remuneration it may be necessary to send. Hoping to hear from you by return of post,

I am, sir, yours, &c.,

CASE III.

Dr. Young, Dear Sir: Satisfied by the testimony of one or two of my friends, who were once similarly circumstanced as I now am, that you possess ample skill to treat successfully the various diseases resulting from the horrid practice of self-abuse, I am going to lay my case before you, in the hope of receiving the same relief which others have experienced at your hands. When about the age of fifteen, I first addicted myself to this destructive habit, and continued more or less in the practice until the age of twenty-two. About this period I happened to contract gonorrhœa, and, in consequence, fell in with a copy of your excellent and invaluable work, entitled "*Every One his own Doctor*," a work which I have no doubt will rescue many an erring youth from a premature grave. No sooner had I read this book, than I determined on relinquishing for ever my former abominable practice, and have adhered to my determination for two years. To the horrid and frightful consequences I had remained blind, although I had experienced a variety of ailments, such as violent palpitation of the heart on the slightest exertion; extreme sensitiveness; headache almost constant; sight and memory impaired; distressing pain in the loins, flatulency, &c. I have now discontinued the practice for two years, and yet I am still subject to the above mentioned ailments, accompanied also by a sense of itching and twitching, when heated by run-

ning or other exertion; and seminal weakness also to such a degree, that the slightest cause produces a partial erection of the penis; also, I have at times a slight discharge from the urethra of a whitish color. These various ailments, however, have not prevented me from standing behind the counter, which is my usual occupation. Fearing, however, that I may have to suffer more severely for my imprudence at a future period of life, I have thought it advisable to apply to you for those means of restoration which I know from others you are so well able to afford me.

Your obedient servant,

Please direct for me "J. M., — post office, till called for.

CASE IV.

Sir: A perusal of your excellent work has induced me to hope you will be able to render me some assistance; I accordingly feel the greatest confidence in submitting the following case for your opinion and advice. I am twenty-four years of age. At the age of fifteen I was induced to indulge in the habit of self-abuse, which I practised unremittingly, once or twice a day, for six years. Though I have entirely given up the practice for the last two years, I am, however, suffering from its cruel effects. During the time above mentioned, I led an extremely regular life, never drank much spirituous liquor, nor had I intercourse with females; in fact, so timid was I that I had not courage enough to address a woman on the subject. I was remarkably short and slender; and every morning when I awoke, a yellowish matter, which had issued from my mouth during the night, stained the pillow. I constantly complained of determination of blood to the head and of great nervousness. My sight and memory began to fail me. I felt pain over the abdomen after each act, but was still ignorant of the enormity of the vice and of its dire effects. In the spring of 1827, whilst at church, I had a rush of blood to the head and fainted; I was brought home and had leeches applied to the back. The medical attendant hinted at the practice of self pollution as the cause of the affection. This opened my eyes to the truth, though I concealed it. My sufferings, mental and bodily, now became dreadful. My intellectual faculties became entirely confused. I now became a mere skeleton. My eyes were quite dead, and bluish streaks were perceptible below my eyelids. I constantly staggered in walking, and frequently was near falling. I had constant dizziness in the head, and a host of symptoms principally from the head, for which no one could account. From shame I did not reveal my condition, till being affected with a pain in the

chest, I consulted a medical man, and was somewhat relieved. My accumulating sufferings now brought on a profound melancholy. Travelling being now recommended, I came to Philadelphia, where change of scene and plenty of exercise have worked a great improvement in my condition; still, however, I have sufferings, which I beg leave to enumerate to you. I have involuntary émissions of semen both when asleep and when awake, in the company of females, and before a fire. I am affected with constant dizziness in the head; my sense of hearing, as well as that of sight, are impaired—a sort of mist before my eyes—a kind of undulating pain in the chest. I am entirely incapacitated for sexual intercourse. A constant feeling of terror is continually hanging over me. Such is as accurate an account as I can give of my present and former state; may I, therefore, solicit your immediate reply to my distressing case?

Yours, &c.,

J. C.

Remarks.—If ever a subject presented himself for exemplifying all the dire effects of self abuse, it was this individual. The order, too, in which the disastrous consequences of this habit were observed to follow each other, is very remarkable, and in perfect accordance with the pathological principles advanced in the previous part of this work; in fact, this one case would serve as an illustration of all we have said on the subject. First, the patient was observed to be remarkably short and slender. Here we see how the practice of self-pollution, by disturbing and destroying in the first instance the functions of digestion, impaired the growth and nutrition of the body. The ravages committed on it were by the nervous system, and first on the brain; the sense of vision being impaired was the consequence of this; the disturbance of the nervous system was also evinced by the determination of blood to this organ. The failure of memory, too, and of all the intellectual faculties, the state of melancholy so perceptible in this case, are further proofs of the destructive influence of this habit. Nor was the brain the only part of the nervous centres affected; the spinal system also became deeply implicated, as proved by the wandering pains in the chest, and over the abdomen; the staggering gait of the patient, the state of muscular debility in which he was thrown, the involuntary seminal discharges, the total inability of the patient to perform the generative act, are still further instances of the melancholy effects of the habit of masturbation.

After impressing on this patient the absolute necessity of abandoning this habit, which, according to his own account, he had himself done, I undertook the treatment of the case, and by prescribing such medicinal and dietetic rules as the complicated nature of the patient's condition seemed to require, I succeeded, in about two months, in restoring the patient to the enjoyment of perfect health

CASE V.

Dr. Wm. Young, Philadelphia: Dear Sir, I am under the necessity of writing you for assistance and advice, being one of the many who have injured themselves in secret, and with women. I write to you, believing from what I have heard of you, from a friend of mine, that you can and will help me—I will tell you what is the matter in as few words and as correctly as I can—In the first place, I commenced when very young to masturbate, and continued the practice until within a few years, but in the latter years I did not indulge to so great extent as when young—I am naturally a man of strong constitution, above the common size of men, and have seen little sickness of any kind, with the exception of the venereal, which I have had two or three times, but not bad, excepting once when it was on me for four or five weeks. I never had any other than chancre—I have followed the sea for 12 years and more, and have been much with women and have used a good deal of tobacco, both chewing and smoking—these last habits I have broken myself of and have been free from for six months, it is five months since I had connection with a woman, but in that time I have indulged in secret perhaps a dozen times, I am nearly thirty-six years old, and for the last three years have been suffering from severe pains in my back at different times, and have found that much of my sexual power has left me—the first time I noticed any loss of vigor, was some three years since, I was then paying attention to a young lady and used to sit up with her late at night, and being naturally very attentive, I was continually excited, at the same time I was about to leave for California. I also used to smoke a great many segars—since that time I have at times been almost impotent, and yet there are times since when I had connection with women, and even now if I am brought near to them I can do what is expected—but the erections are not full and the discharge is so quick, that there is little pleasure; my mind has been much troubled of late. I wish to get married but I would not impose myself on any woman in the state I now am, I had for a long time before my organs began to give out, experienced a numbness in my fingers and toes—I used to feel very low spirited and lost much of my energy. I went to California round Cape Horn, and having failed there, came home by the East Cape, but without any improvement, my work was hard, being second mate of an Indiaman, I have now been at home thirteen months, eight months in an office, and five months as Conductor on the R. Road, since I have been here I have improved some in strength and to all appearance I am one of the strongest and most healthy men on the road, my face is red and appetite good, but there is always a pain in my back, this pain is increased if I excite or produce erection of the penis. I seldom

have natural erections, but often have them in the morning, produced by a full bladder, I sleep well generally and digest my food, my water has been very high coloured, and when standing in a vessel would smell very bad, and leave a sediment at the bottom. I have had my testicles swollen and the cord knotted up, but of late I have had little of this, since I came here I have drank some spirits, but for the last four weeks have drank ale—but I find that this hurts me and shall leave it off—I have but little desire as my penis hangs soft and flabby, and the imagination will seldom produce erection—when partially erected, it assumes a drooping bent shape like a bow. Still when brought in close connection with a woman, it becomes erect, but not with its full power, and after emission, it would be very long before desire would be created again, when I have been a long time without a discharge and have produced one by the hand, the semen has been ejected with force and in quantity—there is one thing more, and that is when I have been in bed some time and my bladder gets full, I have a pain in the left side of the lower part of my Belly just above the groin, which is painful until relieved by making water, my kidneys appear to be in a bad state, indeed, although I look well and do enjoy good health apparently—still the system is disordered, and Dr. do for God sake help me, for if I am to be deprived of manhood at this time of life, and just when I want to take a wife, I might just as well speak for a Coffin at once, for when manhood is gone, there is not much remains of the man—that's so.

I write to you being assured by my friend that *you are no quack*—who wants money without rendering aid, hoping I have made my case plain to you,

I am, dear sir,

Yours respectfully,

CASE VI.

Dr. Wm. Young, Dear Sir:—Being at present a sufferer from the baneful practice of self-pollution, and believing you from report to be experienced in such cases as mine, I have taken the liberty of explaining the symptoms of my malady, which when you have learned as hereafter, an answer from you is requested stating whether a complete cure, or even a partial cure can be effected, and the amount of your charge, with any thing else you may wish to say to me, and if you really think it will be necessary for me to visit you in order to judge correctly of my malady, I will attend your summons, though would prefer its being postponed from fear of exposure. I want you to promise nothing but what you are certain you

can accomplish, as I am afraid very little can be done for relief in such disorders. But I will now leave myself in your hands, and I trust in God you will be able to benefit me much, and save me much misery hereafter. The symptoms of my case now are as well as I know, weakness of memory, want of energy, a general lassitude creeping over the system which I endeavor to cast off as well as I can, mind often terrified at imaginary evils, eyes a little sunken, with a painful feeling about them daily for the last month, sight is good, had a few nocturnal emissions. Believe my generative powers are weakened from being too easily excited. The fear of not being energetic enough has prevented me from having connection with females, though of an amorous disposition, and many opportunities for so doing. Some confidence, with your advice, I expect would make me energetic enough. This I hope you will pay particular attention to, and also to the fact that my eyes are beginning to look rather singular, which is taking the notice of some of my friends, which pains me exceedingly. I learned the practice of self-indulgence from a school-mate about fifteen, and being religiously and otherwise well educated, my moral scruples forced me to discontinue it several times, but generally my evil propensities predominated; I have abandoned it altogether for some time. I am at present twenty-one, tall, rather slightly formed, have always had good health, lived temperate and morally otherwise, and of fair complexion, would be of prepossessing appearance were it not for the peculiarity of my eyes, for which you will please do something, as far as in your power. I have been a Student until lately, but am now actively employed in a Mercantile house. Any further information you may require will be cheerfully given, and for every sake, Doctor, answer this at the first opportunity, in order that no more time may pass until you have the treatment of me, which fondly I trust will be successful. My mind is not so desponding now as it was a week ago.

Yours respectfully,

CASE VII.

My dear Sir: I have now finished the medicines you sent me, and with the greatest pleasure I write to say that I am completely Cured. Those emissions have vanished, I sleep sound, enjoy excellent health, my digestion is better than ever, I can now exercise my mental faculties for my bodily benefit in such a manner as I could never do before; nay, I can go through laborious calculations with ease, I have an application for business now, and thank God and yourself,

who I cannot regard as otherwise than an instrument in his hands, for bringing about such a wonderful change in me.

My dear Sir:—You well know what a poor wretched creature I was when I visited you, but the result has been astonishing. Your invaluable medicines and excellent advice has triumphed over ailments that never mortal could have been afflicted with, save and except myself. Believe me, I never wrote a letter with greater pleasure in my life. I shall always remember you with gratitude, as long as I live, and my wish is you may live to a good old age, alleviating the sufferings of poor creatures like I once was. Be pleased to accept my best, best thanks, for having brought this worse than hopeless case to a successful issue, and believe me,

My dear Sir,

Your Friend,

CASE VIII.

SPEMBATORRHOEA, OR SEMINAL EMISSION.

F. T., aged 19, dark and swarthy complexion, middle size, spare, and out of condition, nervous and bilious temperament. Pursuits, sedentary and confined. Habits, temperate, but hours irregular. Symptoms, &c., &c., involuntary emissions three or four nights in the week, sometimes several nights successively. Seminal escape on the slightest mental or local excitement, especially after urinating or defaecation; his health quite feeble; perceptive powers dull; nervously enervated; low spirited; bad digestion; deficient memory; physically weak, and morbidly sensitive. Cause, Onanism perseveringly indulged in since eleven years of age, and general careless living.

This case is one of numbers; its parallel is to be found as pebbles on the sea shore. It is of no use disguising the fact. Should this meet the eye of thousands, hundreds will blush at the conviction it will bring home to them. It may be an extreme case; but the truth rises with the sun, and each day closes upon the yesterday's repetition. The axe must be laid at the root; the soil must be recultured, and the tree may be born again. Nature is benevolent, and, like in a well governed ship at sea, her true discipline may ride out the storm.

Our patient bowed submission, and was perfectly restored in six weeks.

CASE IX.

INCIPIENT IMPUISEANCE, OR IMPOTENCE.

A. C., aged 27, fair, florid complexion, light hair, blue eyes, well formed, plump to fulness, and slightly disposed to become corpulent. *Temperament*, sanguine and nervous to a degree. *Pursuits*, out of doors, active. *Habits*, accustomed to society, rather free living, unable to enjoy Congress, owing to too prompt anticipation, frequent dreams, with seminal discharges, absence of erectile energy, growing disinclination for female society, drowsy, languid, bodily weary, morbidly nervous, readily perspires, dyspeptic, bad memory. *Cause*, Onanism, his besetting sin, acquired early in life from bad example, and continued for want of knowing better.

The treatment of this case occupied several months, but it was eventually and permanently successful. Diet—Regimen: abandonment of old and bad habits, exercise, early rising, bathing; in fact, an observance of the principles laid down in the Pocket *Æsculapius*, and the administration of appropriate medicines, constituted the secret of his recovery. The body regained strength, the mind tone, and the animal powers assumed their proper sovereignty in their proper place.

CASE X.

VARICOCELE.

M. N., aged 22, country looking, fresh coloured, middle height, and robust. *Symptoms*, Varicocele of the right testis, and an unusual pendulous state of the left; health in good condition, but deficiency of natural desires, together with inaptitude to avail of opportunities; wishes, but fears to marry. Has been in this state for several years, and has been terribly fleeced by the quacks of this and other cities. Has little hope of restoration, but catches with eagerness at the conviction that if success be to be had, it must rest with the qualified medical man, and not the empiric. "A stitch in time saves nine;" in no instance is this wholesome, old fashioned proverb so applicable, as in the onset of genital misfortunes. All evils have a beginning, and it is easier to extinguish a lighted straw than a stack. In proportion to the perfection of an organ, so is its power, and varicocele cannot exist without a corresponding abatement of the amative feelings. Art can do much to alleviate, more to amend, and much more to arrest the first outbreak of genial disorganization.

tion, than when it is confirmed; timely attention is therefore essential, but it is even better late than never.

The application for medical assistance in the present case was not a fruitless one, and our patient lived to realise his ardent hopes of becoming a married man.

CASE XI.

VARICOCELE.

R. L., aged 25, florid complexion, well developed as to height and bulk, abstemious and careful in his habits. This young man had varicocele of both testes, and which commenced several years ago, and has continued getting worse to the present time. He attributes it to onanism, which, he believes, till lately, for the last nine years he has not desisted from a single day. His sexual knowledge is confined to the practice, and he is diffident of venturing upon the legitimate duties of wedded life. His health is good, but spirits are depressed; wears a suspensory bandage, but is ill able to endure more than the ordinary fatigue.

Varicocele not only is an inconvenience, but a disease, inasmuch as it tends to lessen or destroy the genital appetite altogether. The testis in apposition becomes atrophied, and loses its fecundating power; hence partial and total impotence. As in the last case, a prompt interference may be attended with success, but if it be neglected, the evil is not confined to the loss of functional power, but is productive of much mental despondency. Most nervous hypochondriacs suffer from deficient animal capacities, and in the majority of instances therein rests the cause of their mental affliction. Independently of the patient carrying about him evidence of local dérangement, it keeps up the consciousness of his early folly, Onanism; in ninety-nine cases out of one hundred it being the provocative. In some instances an operation is imperative, in some successful; but that is the surgeon's province. The present case yielded to strict discipline and energetic measures.

CASE XII.

FEEBLE HEALTH AND NERVOUS DEBILITY.

S. M., aged 22; pale countenance; thin hair; dark circle round the eyelids; sunken cheeks; dejected look; spare frame; middle height; nervous temperament; engaged in

business; confined within doors; diet regular; mind constantly harassed and aggravated by this bad state of health; dyspeptic; flatulent; constipated; languid; fearful; depressed; bad sleeper; deficient of hope; mentally impulsive and corporeally feeble; wretched beyond bearing.

This case is taken down *verbatim*; as personally detailed in answer to the questions they bear upon. The treatment was not founded on any one specific plan, nor was the cure attributable to one prescription, or one interview. In extreme nervous cases, the time is indeed tiring, to wait for, or to wade through the work of a cure; but is it not consoling to be certain of one in the end? Similar cases to this are of every day's presentation; but the reader may be assured, none are hopeless. Nature has laws, which, if obeyed, it is part of the law, good effects should follow: and the observer of these laws, (earned upon his own proper person) will be as certain as the case under discussion was to secure a ridance of the evils of disobedience.

My friend was permanently cured within three months

CASE XIII.

SEVERE SPERMATORRHOEA, OR SEMINAL WEAKNESS

J. F., aged 22; a consumptive looking young man; thin face; pale lips; dark mark round the eyes, the latter rendered thereby more prominently looking; hair falling off; whiskerless; slenderly built; aspect altogether denoting a very sad and exhausted state of health. Apart from appearances, there was no visible sign of disease, except that he resembled one in a decline. In earlier life, when about ten, he acquired the habit of onanism, and which, till a very recent time ago, he had continued to resort to. He now suffered from constant drainage of seminal fluid—it oozed from him on all occasions—asleep, awake, passively or actively engaged. His worst feelings were exhaustion, a withering melancholy, and a conviction that he should soon die.

Seminal weakness may be likened in variety to consumption. The patients exclaim, could the cough and spitting be stopped, or could the discharge be stayed, all would soon be well; but these are the difficulties. There can be no doubt but that cases of seminal weakness have proved fatal, and that onanism has been the death of many. The above case was well nigh realizing the latter catastrophe. A better fate, however, was reserved. The details of treatment might be interesting, and their absence may create a distrust of the truth of the patient's recovery; but the reader was apprised at the onset, that merely outlines would be given; to give more; that is, to give all, would fill a volume. The case occurred 12 months ago, and the patient is but recently convalescent.

CASE XIV.

SERIOUS BREAK UP OF HEALTH FROM ONANISM AND INTEMPERANCE.

C. B., aged 26. Very tall, but almost circularly bent, from positive inability to stand erect. Originally healthy and of healthy parents, but reduced himself by excessive indulgence of masturbation and general irregular conduct. Had been also well placed in life, but obliged to give up his situation from incapacity to fulfil its duties. He had lost his memory, was wretchedly dyspeptic and nervous, always apprehending the worst, and always bemoaning his fate.

This young man was a sorrow to his friends, and a trouble to himself. He had consulted numbers of medical men, and had wasted much time and substance in efforts to get well.

Cases resembling the above are no novelties; they furnish the inmates of our lunatic asylum; they less excite our sympathy than indignant feelings, because the individuals wantonly are the cause of their own misery. It is too much to suppose that a man of twenty can be entirely ignorant that licentiousness and intemperance may not be practised with impunity. These are not cases which a few doses of medicine can restore, or that a holiday trip to the country can renovate; yet the truly repentant and determined reformist need not engulf himself in despair. The reader may feel a little interest in learning that even worse conditions than that described have recovered.

Our patient still lives, but it will be a long time before he will entirely regain his health.

CASE XV.

NEW YORK, July 14th, 1855.

Dr. Wm. Young, Dear Sir: I happened some time since, to come in possession and read one of your medical works, viz: The Pocket *Aesculapius*. I soon discovered that I was in a very dangerous position, and was very much alarmed. But I took no immediate measures to abate the evil, and gradually my fears subsided, and I went back to my old practice. It was the most horrible of all practices, viz: *Self-Follution*. I was taught the practice by boys older than myself, at school, and began it myself, as soon as I arrived at the age of puberty. I practiced it to an awful extent, for several years. I think I had arrived at the age of 18 years, when I first saw your book. I then resolved to quit it. But, alas! I formed the resolution too late, and would as often break it. I still

kept on, resolving that every time should be the last. I have finally become the victor, and do not any longer wantonly practice it; but still, I am no better off, I don't know but worse. I am afflicted with those awful nocturnal emissions, which result from such abuse. I think I am embracing a female, but awake in time only to know that I have wasted another drop of my life's blood. I feel melancholy, ashamed to meet my acquaintances, do not enjoy society at all; I also feel restless, discontented, and I will add, almost discouraged. My face is covered with pimples, which makes me ashamed, for I think every one knows my disease. I have now arrived at the age of twenty years, and of course think of enjoying the privileges with the female sex, common to one of my age. But I need not think of it, for my *penis* has dwindled away to a mere nothing, or to about half the usual size. Now I have thus stated to you my complaint, without reserve, trusting that you will keep my name a secret, to spare my already wounded feelings. My object in writing to you is, to know if anything can be done for my benefit, and if so, the cost of it. I am getting a small salary, will ask of you to be as reasonable as you can afford. My business is active in-doors employment. If you can do anything for me, please answer this at the earliest convenience. And I will remit the requisite fee, as you may direct.

Yours truly,
S. E. D

Extract of a Letter from Professor Chapman, of the University of Pennsylvania, dated January 18, 1841.

* * * * . Notwithstanding all of these,—There is no man living, be he whom he may, that understands the Treatment of Private Diseases, equal to Dr. Wm: Young. I speak thus advisedly, knowing what I say, and defending what I believe. His powers of Analysis are unequalled—a rare faculty in the mind of a Physician—a gifted organization that nature has not thought proper to bestow on the many—and to the afflicted I conscientiously recommend him.

N. CHAPMAN.

NOTICE TO PATIENTS.

IN laying this Almanac before the public, I have from the first been actuated by the conviction that the vice of Masturbation is little understood by the medical profession, generally, of this country. The patients affected by it are always hypochondriacal; indeed, the symptoms of hypochondriasis and mental derangement are generally, by far the most prominently marked in them, and after the usual remedies for Dyspepsia and Liver disease have been had recourse to without benefit, the doctor becomes tired of attending a disease which is at best obscure, and does not yield to the usual remedies, and either treats his patient as a *malade imaginaire*, or leaves him a prey to the wretched Quacks, who are unfortunately permitted to pollute every periodical publication with their disgusting advertisements.

It is the duty of every medical man to expose the speciousness, worthlessness, and barefaced villainy of these pestilential hydra. Truly may their name be called legion, for they are many. The majority of these vagabonds are men of the lowest grade of intellect and responsibility, their practice that entirely of extortion and deceit; their assurance is as unbounded as their promises are specious, and both are alike hollow and unsubstantial. The unwary invalid who unfortunately becomes entrapped within the mesh of these artful schemers, soon finds, to his cost, how grievously he has been deceived. Were the money thus parted with the only consideration, the lesson acquired would be but a light punishment for the folly committed of seeking counsel of such men, but the mischief inflicted on the health by swallowing their nostrums is oftentimes irretrievable. Unfortunately, medical legislation has not met with, in this country, that attention which it so imperatively requires. The public

and the profession have equal cause to complain. The argument is, that the every-day enlightenment of mankind should protect them from resorting to the unprincipled and unqualified; that the necessary inquiry and reflection should divert the visit from the nostrum-monger to the respectable and legitimate practitioner; but, alas! the dilemma in which a man finds himself when suffering from the follies of his own imprudence, and which he is anxious to conceal, renders him more solicitous to shun the respectable man, and to creep into the nooks and corners for counsel and consolation. If he will risk his health and substance by resorting promiscuously to any house ornamented with the emblem of the healing art, he yet, if he choose to exercise it, has this protection:—Let him insist upon seeing the credentials of the owner, which qualify the physician for practice. Every legalized member of the profession is too proud of his distinction to hide it under a bushel, or to withhold the view of it from a sceptical patient. The majority of advertising doctors, and who profess to give exclusive attention to disorders of the generative system, consist of men of the most contemptible pretensions, both moral and mental. They all sail under false colours, assuming names as different from their own as English is to Hebrew. An idea may be formed of their attainments, when it is stated that the pupilage of the majority of them was passed in those occupations that provide the youth of our city in “Ledgers,” “Bulletins,” and “Daily Suns.” Their fees are most exorbitant when they can find persons sufficiently simple to pay them, oftentimes amounting to several hundred dollars; and such is their philanthropy, it is by no means uncommon to ask for one or two hundred dollars, and which, if they cannot obtain, they will not refuse fifty cents.

“O Heaven! that such foul wretches thou would’st unloose,
And put in every honest hand a whip,
To lash the rascals naked thro’ the world.”

I fear I have already trespassed too far upon the patience of the reader, in this exposition of the dangers which beset the diffident and nervous sick. However, the value of the pains taken must be estimated by the

good they may realize. The statements put forth are in no way exaggerated, and, if attended to, must act to the protection of the many, and what is more important, the health of the afflicted. As a labourer in the field of fair dealing, and the maintenance of professional honour, I doubt not of experiencing at least the reward of the approval of every honest man.

It is no mean satisfaction of knowing that what I have written has been prompted by a sense of justice and duty.

WM. YOUNG, M. D.

Graduate of the University of Penna., and Honorary member of the Philadelphia Medical Society.

152 Spruce Street.

Dr. Young's warmest and most sanguine wishes will be more than realized, if in directing the attention of *Parents, Guardians, Heads of Families, Ministers of Religion, the Directors and Teachers of our Public Schools*, to the important subject of *Onanism, or Self-Abuse*, he shall have anticipated evil, checked by timely monition the thoughtless, or have armed the fond father with one valuable precaution. To alleviate human suffering, is a proud distinction; and to be permitted instrumentally to promote the happiness and well being of our fellow creatures, is the highest honour that can possibly be conferred upon any man.

THE AUTHOR.

GREAT FEMALE MEDICINE:

THE GREATEST DISCOVERY OF THIS,
OR ANY OTHER AGE.

DR. FRANK'S PREVENTATIVE POWDERS, for married ladies. These powders will be found of especial value to those whose means, health, or other circumstances do not permit them to increase the number of their family without great inconvenience, suffering, or perhaps risk of life. This preparation is new, safe, infallible, convenient, simple, and cannot injure the health of the most delicate. Nor does it curtail matrimonial privileges in the least. *Morally considered*, this preparation is of the highest utility, and sustained by the soundest principles of prudence, economy and virtue. It shows how a chemical effect may be produced, scientifically, and without injury to the constitution, which thousands attempt to accomplish by the most unwise and dangerous means; operations, &c. Young married people, whose circumstances do not warrant too rapid an increase of family, will find this preparation most valuable, and pregnant females must not use the *Preventative*, AS IT WOULD BE MOST CERTAIN TO PRODUCE ABORTION.

DUnhappy wives, who feel that their physical condition and health is totally unfit for them to become the mothers of a numerous offspring, and who reasonably fear that each period of confinement will terminate their existence, will hail the discovery of this certain means of relief with unbounded joy. Let all such unfortunate and unhappy wives lose no time in obtaining this medicine. It will be to them a precious boon through life, and prevent many an early and premature grave,

IF A common expression with thousands of ladies who use the Preventative, is, "I have three children: my husband and I think that is as many as we can do justice to, *and I do not intend to have any more.*" It is evident, then, that to married persons, the power of limiting their offspring to their circumstances is most desirable, and *Frank's Preventative* will have that power in every case. Its efficacy is beyond question. It is universally used, among all classes; thousands of married persons have for years used it with invariable success. The principle upon which it prevents conception, is to neutralize the fecundating properties of the semen; and many of our first ladies would not permit a sexual act to transpire without its use. It is well known in this city, that of late years, many couple have intervals of three, four, or more years, between the birth of children: *the secret is, they always keep a supply of Frank's Preventative.* Indeed, females, either married or single, suffering from obstructions, arising from any cause, should use Dr. Frank's Preventative. But the Proprietor will again caution pregnant women from using this preparation, *as it would be certain to produce abortion.*

DR. YOUNG will pledge his professional reputation, which is of thirty years standing, in the city of Philadelphia, that this medicine, (*Dr. Frank's Preventative Powder,*) is none of the humbugs of the day, but that it is really and truly all that is claimed for it, and in the words of a celebrated Professor of this city, "The wonder of this or any other age."

IF That all my avail themselves of this Preventative the price is fixed at two dollars and fifty cents per package; and persons in the city, or in any part of the United States, will receive a package by return mail, on the receipt of Two Dollars and fifty cents. All communications must be postpaid, and directed Dr. Wm. Young No. 152 Spruce Street, Philadelphia, Pa., or Box 2081 Philadelphia Post Office.